LITTLE BLUE BOOK NO. 1553
Edited by E. Haldeman-Julius

Beneficial Exercises for Nervousness and Indigestion

C. O. Benson and Dr. C. L. Smith

LITTLE BLUE BOOK NO. 1553
Edited by E. Haldeman-Julius

Beneficial Exercises for Nervousness and Indigestion

C. O. Benson and Dr. C. L. Smith

HALDEMAN-JULIUS PUBLICATIONS
GIRARD, KANSAS

Copyright, . .,
Haldeman-Julius Company

PRINTED IN THE UNITED STATES OF AMERICA

BENEFICIAL EXERCISES FOR NERVOUSNESS AND INDIGESTION

BENEFICIAL EXERCISES FOR NERVOUSNESS AND INDIGESTION

Many individuals suffer unnecessarily from "Nerves" just for the want of a little knowledge of how to adapt themselves in order that the nerves may get well.

The two main reasons why individuals are nervous are, first, they do not take intelligent care of their bodies, and secondly, they do not govern their emotions.

Nature tends toward health. The whole physical organism tends toward health. When we begin to go with the laws of health instead of against them we get in a healthy current.

Nature in us always tends toward health, and toward pleasant sensations. If we relax out of painful emotions we find good judgment and happy instincts behind them. If we relax so that pleasant emotions can pass over our nerves they leave a deposit of happy sensations behind which only adds to the store that nature has provided for us.

The strongest are the least nervous; a nervous system well fed with good red blood is little

liable to suffer seriously from any but the worst and most unavoidable causes of nervousness.

If a person's tendencies by temperament or inheritance are toward nervousness, then to be well fed, at regular hours, to sleep sufficiently, to take a daily cold bath, to get enough active exercise in the open air — if possible in the form which will add interest to the mere exertion — these are the commands of the physical law.

WHAT IS NERVOUSNESS?

Nervousness is the result of imperfect response on the part of an individual to his surroundings or environment. Nervousness is not a disease, but a disorder. Nor is it a disease of nerves of the brain or any other part of the body. It is not weakness of the nerves nor is it perquisite of the idle rich. It is none of these things. In other words, it is simply the maladjustment of a person who otherwise is perfectly sound and normal. Therefore, nervousness is curable and avoidable.

Nervousness is largely a personal problem, a question of personal reactions, and the answer is "Know Thyself".

TYPES OF NERVOUSNESS

No attempt is paid to the vast group of nervous diseases which are accompanied by organic change in the bodily structure. We are dealing with functional nervous disorders.

1. *Chronic fear, or worry.*

Worry may be defined as "chronic fear." It is the process of borrowing trouble from the future to augment our present sorrows. Individuals are not content to suffer as mere brutes physically, but to this material distress they add imaginary sufferings. Worry is a tremendous social, moral, physical, and economic waste. It is literally true that nothing kills so sure as care. Worry is responsible for nine-tenths of human suffering and disease. It exacts a physical toll in the form of disturbances of the circulation, digestion, nerves, headache, high blood pressure, constipation, hysteria, etc.

2. *Nervous Exhaustion.*

Nervous exhaustion is merely a "symptom complex," that is over-exaggeration of symptoms, over-recognition of sensations, and over estimation of situations. Nervous exhaustion is acquired and not inherited. It attacks the

laboring class as well as professional people, and in the country as well as in the city. Individuals with nervous exhaustion reason superficially. Judgment is hesitating and ill-formed. Their capacity for mental work is abridged.

3. *Hysteria.*

Hysteria in one form or another is one of the most common nervous diseases. Its name "hysteria" suggests the older and erroneous notion which attributed the origin of this disease to some disorder in the female reproductive organs. This belief was long ago shown to be without foundation, and it is now known that men are subject to hysteria just the same as women. Since hysteria is not easy to define, it may be said that it is some sort of disorder in the personality. It occurs in individuals who are highly suggestible on the one hand and who possess a small degree of self control on the other. Hysteria is a mental state. Hysteria is a nervous disorder characterized by a lack of control over the emotions and certain physical acts by morbid self-consciousness and by extraordinary ability to stimulate the symptoms of numerous diseases. It is an actor who has lost his head and thinks the part he is playing is real.

4. *Chronic blues and melancholia.*

This form of nervous disorder is a comparatively innocent and harmless depression. These individuals, even though they have no disease, make a special business of having it any way. They enormously exaggerate everything they feel. They are preoccupied with their troubles, self centered, and meditative to the highest degree.

There are many other types of nervous disorders such as St. Vitus' Dance, twitchings, stuttering and stammering, etc., but the above four classifications are the fundamental types.

GENERAL CAUSES OF NERVOUSNESS

1. The strenuous life of today with its worry, loss of sleep, overworked muscles, undernourished body and larger muscle groups.

2. Inherent nervous weakness or unstable nervous system.

3. Physiological disturbances such as impaired function or disease of the body organs, sexual disturbances, etc.

4. Psychic shocks. The sight of accidents, etc. This is admitted to be simply the last

straw in a condition which needs simply a slightly unusual disturbance to cause a break.

5. Selfishness. Interest in only ones self.

CAUSES FOR CHRONIC FEAR—WORRY

1. The chief cause of worry is the desire for happiness.

2. Strenuous living.

3. The social causes of worry are divorces, family cares, household problems, business difficulties, etc.

4. Exaggerated and excessive self consciousness.

5. Lack of mind control.

6. Physical weakness, bodily deformity, etc. Nine tenths of the ordinary non-contagious diseases originate in the mind.

7. Moral habits not infrequently contribute much towards the production of worry.

8. Religious fanaticism is undoubtedly a cause for worry and nervousness.

9. A new fangled health fad may set the whole country worrying about indigestion and dyspepsia

10. Fears, emotions, and indiscretions of the adolescent youth often lay the foundation for a life long worry.

11. Ignorance of sex hygiene.

12. Use of narcotics early in life, such as tea and coffee.

13. A discouraged and downcast mental attitude.

CAUSES OF NERVOUS EXHAUSTION

. Physical causes are unhygienic living, over eating, sedentary life, over work, accidents, eye strain, and physical disease.

2. Poisons such as tobacco, alcohol, narcotic beverages, patent medicines, bad air, headache powders, pain removers, etc.

3. Excessive meat eating.

4. Chronic worry.

5. Violation of the laws of mental and physical hygiene such as discontent, uncontrolled impulses, mental shock, overstudy, anxiety, etc.

CAUSES OF HYSTERIA

1. Riotous emotions, morbid self consciousness, exaggerated sensations, etc.

2. A series or group of frights, or emotional shocks.

3. Intoxication and chronic poisoning resulting from drugs, etc.

4. Repressed emotions and disappointed affection.

CAUSES OF CHRONIC BLUES

1. Poor health.
2. Loss of position or fortune.
3. Enforced idleness.
4. Luxurious indolence.

GENERAL SYMPTOMS OF NERVOUSNESS

1. Muscular weakness.
   a. Quick onset of fatigue on slight exertion.
   b. Tremor of hands and eye lids.
   c. Exaggerated reflexes.
   d. Weak grip of the hand, etc.

2. Visceral (internal organs) disturbances.

   a. Disturbed circulation.
   b. Irregularity of the heart beat.
   c. Cold sweats.
   d. Loss of sexual stability.

e. Constipation.

f. Loss of appetite.

3. Headache. This is a common symptom and shows itself in a dull pressure ache.

4. Back Ache. Pains of a sharp radiating character.

5. Sleeplessness is a serious factor in nervousness.

SYMPTOMS OF CHRONIC FEAR — WORRY

1. Individuals of this classification feel that they are being "neglected", "slighted", or "criticized".

2. Some individuals are literally human barometers. They constantly worry over the weather, etc.

3. (Making mountains out of molehills) is a regular business to some folks.

4. The magnification of the smallest trifles beyond all measure and reason.

5. A chronic "kicking habit".

6. Self pity and selfishness.

SYMPTOMS OF NERVOUS EXHAUSTION

1. Sensation of fatigue.
2. Nervous weakness.
3. General incapacity for physical, mental, and moral effort.
4. Heahache.
5. Back ache.
6. Sleeplessness.
7. Digestive difficulties.
8. Chronic worry.
9. Exaggerated suggestibility.
10. Over sensitiveness.
11. Increased emotionalism.
12. Abnormal thoughts.
13. Mental confusion.
14. Vagueness of ideas and emotions.
15. Loss of self confidence.
16. Flood of unhealthy feelings.
17. Periodical attack of the blues.
18. Morbid meditations.
19. Extraordinary egotism.
20. Characteristic fits of anger.
21. Superficial reasoning.
22. Hesitating and ill-formed judgment.
23. Common symptoms experienced in the head.

a. Burning spots.
b. Prickling.
c. Crawling.
d. Fullness.
e. Emptiness.
f. Dizziness.

24. The hearing is over-acute. The person is greatly disturbed by all forms of noise.
25. Nervous dyspepsia.
26. Chronic constipation.
27. Palpitation of the heart.
28. Pale skin.
29. Abnormal sweats.
30. Scantiness of the urine.

SYMPTOMS OF HYSTERIA

1. Loss of skin sensation over certain portions of the body.
2. Loss of the sense of taste and smell.
3. Hysterical deafness.
4. Common ordinary muscular movements are retarded, i.e., are incapable of performing two or more actions simultaneously.
5. Muscular cramps.
6. Forgetfulness.
7. Riotous emotions.
8. Morbid self consciousness.

9. Simulations of various diseases.
10. Freaks of memory.
11. Diminution of will power.
12. Pain is a constant symptom, usually manifested as a characteristic headache.
13. Repeated vomiting.
14. Increase or decrease of bodily secretions.

SYMPTOMS OF CHRONIC BLUES AND MELANCHOLIA

1. Periodical depression.
2. Exaggeration of everything he feels.
3. Thinks he has a disease.
4. Common grief.
5. Lowered vitality.
6. The mind is highly self-accusing.

SUGGESTED TREATMENT OF CHRONIC FEAR — WORRY

The best ally of nervousness is worry. Worry is inefficient thought based on fear. To avoid it consider first whether the problem in hand is actually your business. If it is not, turn to something that is. If it is your business, decide next whether it be your business now. If the problem must be answered at some future time, lay it aside until the time for the decision

is at hand. If it demands an answer now, answer it as best you can and do not constantly think it over again and again. Let the decision rest for once and for all. Do these things and in nine cases out of ten anxiety will not degenerate into worry. In short, common sense can put worry out of the running in most cases, but always faith is essential to real victory.

SUGGESTED TREATMENT OF NERVOUS EXHAUSTION

Individuals of this type need to set their hands to work. Arts and crafts which are in fad in some circles today are useful remedies for the nervous. Light employment occupying both hand and mind is one of the ideal treatments for the neurotic patient. It should be a comfort to these nervous patients to know that it is not necessary to build up a pugilistic muscular system in order to get well. A reasonable amount of open air exercise is desirable and will be found most beneficial when carried on along the lines of some recreational sport, in which the patient has agreeable company. Walking, riding, rowing, running, swimming, gymnasium work and all forms of exercise, preferably those in the open air, are most powerful agents for correction.

SUGGESTED TREATMENT OF HYSTERIA

It is first necessary to be examined by a physician. It is necessary not to confuse some serious organic disease with hysteria.

During the attack an effort should be made to divert the person's concentrated attention. In fact, there is very little treatment to be suggested during the attack itself.

Between attacks the individual's treatment is both physical and mental. Physically, fresh air, good food, and exercise together with modified rest cure in certain cases are the remedial agents of greatest value. Mentally, the treatment should consist of diverting the attention, directing the emotions, removing fear, training the will, and finding new objects for love and sympathy.

SUGGESTED TREATMENT OF MELANCHOLIA

Typical melancholia should be treated in a well regulated asylum. However, if the individual evinces no homicidal or suicidal tendencies, he may safely and successfully be treated at home. The treatment consists of diversion of the mind, upbuilding of physical health, etc.

SUGGESTED TREATMENT FOR GENERAL TYPES OF NERVOUSNESS

1. Learn to rest when resting.

2. Do not accept worry as a necessary part of modern life. Quality of work and not quantity.

3. Become interested in other human beings.

4. Learn to eat nourishing food.

5. Learn to become more tolerant of other people's opinion.

6. Do one thing at a time.

7. Good cheer, laughter, and light heartedness are essential.

8. Make clean cut practical decisions.

9. Learn to work without strain when working.

10. Concentration is the very essence of healthy nerves.

11. Exercise when possible.

12. Be efficient in what you do.

13. Shun the New England conscience. It is a form of egotism that makes a moral issue of every trivial thought or feeling.

14. Learn to drop mental resistances such as anger, impatience, etc.

15. Learn to breath deeply and rhythmically.

16. Get used to doing things.

17. Have a regulated daily exercise program.

18. Rest is the keystone to the arch of healing.

19. Learn not to bear grudges.

TREATMENT AND PHYSICAL EXERCISE

A few words about physical education—and a caution. The various systems and methods of physical cultivation for the most part deal too exclusively with bodily functions and do not take into consideration the part which the nervous system must have in physical acts. If they are unintelligently applied they often make the nervous worse—or at least, if they do not harm they fail to bring about any more vital or deeper-reaching improvement than an added muscular force.

If exercise does not make us love the open air, if it does not make us love to take a walk with more freedom, if it does not make us move along outdoors so easily that we forget our bodies altogether, and only enjoy what we see about us, and feel how good it is to be alive—then exercise is an ornament without use.

This is a point often neglected in the prescribing of exercise. A person intellectually

and physically idle on the other hand would benefit more by exercise calling for active brain work and a constant effort of will in the ordering of muscular acts, thus securing the double advantage of mind and muscle work at the same time.

More or less body work is indispensable to first class brain work. Physical exercise increases the circulation, promotes elimination, favors digestion, facilitates all body processes, thus securing the proper performance of them. This is essential to a healthy brain and a vigorous mind. Body work favors deep breathing and deep breathing promotes mental action.

Physical exercise greatly aids in the burning up of bodily poisons and thus relieves the mind from the depression which so surely results from the accumulation of these toxic substances in the blood stream. Systematic exercise will do much towards helping to acquire a pleasant disposition and an agreeable temperament. Regular exercise—a daily sweat—will contribute much to mental peace.

Overworking the body produces mental weariness, as well as physical fatigue. The industrial slave, toiling in the sweat shop, exhibits equal evidence of mental deterioration and physical disease. The abuse of the physi-

cal powers inevitably reacts in the lessening of the mental vigor. Muscle, mind, and morals are all inter related.

PROGRAM OF EXERCISE

The program of exercise should be carefully regulated to prevent overstimulation and fatigue. The body vigor is depleted and this must be slowly built up. The average individual, upon being told that his nerves need rest and his physical side work, takes too vigorous exercises which fatigue not only the physical side of the body, but, by the driving process which is necessary to get the exercise done, cause a mental fatigue as well.

Outdoor life, swimming, walking and play with cheerful companions and pleasant surroundings will do more to bring an individual to normal, than will formal exercises done indoors. Where it is not possible to engage in outdoor exercises formal remedial exercises can be given providing the element of skill and concentration is not demanded. Easy rhythmical exercises are helpful even though it takes a certain amount of nervous expenditure to learn the rhythm. The patient should be helped to get his mind from his worries.

To do this it is necessary to demand just enough concentration on movements which are not laborious so that the individual has not the time to think about his work. The lighter games such as volley ball, dodge ball, etc., are exceedingly valuable. In the progression the patient should be taught boxing and even wrestling not only for the physical development which results, but also for the poise and self-confidence that comes with the ability to handle the body in self-defense. Care should be taken that the individual does not attempt exercises which he cannot accomplish. A failure to do a definite exercise often destroys the slight amount of confidence which the individual still retains.

FORMAL EXERCISES

1. Position:. Feet apart, hands above head stretching as tall as possible, body erect.

   Action: Bend downward trying to touch the toes with the finger tips. Return to the starting position.

   Remarks: Repeat this exercise slowly and rhythmically, stretching the

spine when returning to normal position.

2. Position: Lying on floor, hands above head, stretching as tall as possible.

   Action: Inhale deeply, raising the chest and drawing in the abdomen. Repeat this exercise slowly and rhythmically.

3. Position: Body erect, hands clasped behind neck, elbows back.

   Action: Trunk turned right; trunk normal, trunk turned left; trunk normal.

   Remarks: Twisting at waist only.

4. Position: Lying on floor, hands underneath buttox.

   Action: Raise feet six inches off the floor. Return to normal.

   Remarks: Repeat this exercise slowly and rhythmically, holding each position a few counts.

The preventives of nervousness are a sound body, a healthy mind, and a wholesome life.

With these, barring accidents and inherited deficiencies, you should not grow nervous. If you have become so, the sooner it can be taken in hand the better. Nervousness can be lessened, and in time to a great degree abolished, by a regulated life of healthy activity and properly varied interest, and by dealing instantly on their appearance with certain symptoms like chronic indecision, difficulty of attention, and too easy fatigue. Taken early, these can be stopped; allowed to increase to their fullest growth, they possess their victim's life and being to such an extent that nothing is left but a strong course in a physician's hand—or a more or less cheerful resignation to the loss of the greater part of what is best in life.

Now, after what has been said on nervousness, our readers will recognize the necessity of properly adjusting this device to their individual cases. No one of you can do all the things I have recommended. You cannot, at any one time, carry out all of the details of the advice I have given you. What you need to do is to select that advice and follow those instructions which are best suited to your condition—just as you find yourself today. Make out a daily program which is consistent with your physical strength and your nervous energy and

then keep yourself healthily and wholesomely busy.

INDIGESTION

Indigestion or dyspepsia is a symptom, which may be slight or severe, of the functions of any portion of the digestive tract. It may originate in the intestines as well as in the stomach. It must be recognized that healthy digestion is one of the natural processes that will not be hustled or speeded up in any way. What may be poison to one individual is not poisonous to another. It must be said at this point that we are all born with good digestive powers. Any misuse of the tract will cause indigestion.

Although many forms of indigestion are not amendable to relief by physiotherapeutic measures a review of the causes of indigestion will bring out many conditions which can be treated.

CAUSES OF INDIGESTION

1. The most common causes of indigestion is the misuse of good things of life rather than the use of food which is positively harmful.

2. Irregular hours lead only to regular indigestion.

3. To partake of unwholesome food is to invite indigestion.

4. Twice cooked meats and warmed up food are generally regarded are unwholesome.

5. Excessive use of strong condiments, pickles, spices, etc.

6. Tea, when too strong, is decidedly irritant.

7. Habitual use of patent medicines.

8. Cold liquids of any kind may cause indigestion.

9. Abuse of tobacco.

10. Bad teeth is a prevalent cause.

11. Eating between meals.

12. Excessive use of fatty and oil foods cooked in butter.

13. Lack of exercise.

14. Exercising immediately after a meal.

15. Excessive mental application.

16. Powerful emotions like fear, grief, anxiety, etc.

17. Bad cooking of good food.

18. Lack of mastication.

19. Sometimes more than two substantial meals a day.
20. Rash experiments and diet.
21. Eating too rapidly.
22. Over-loading the stomach.
23. Eating when body is fatigued.
24. Poor posture (See Little Blue Book No. 1443).
25. Shallow breathing.

SYMPTOMS OF INDIGESTION

1. Pain.
2. Vomiting.
3. Belching.
4. Loss of appetite.
5. Dizziness.
6. Tenderness of the stomach.
7. Headache.
8. Billiousness.
9. Flushing of the face.
10. Diarrhea.
11. Sleeplessness.
12. Melancholia.
13. Loss of weight.
14. Perverted appetite.

Indigestion is not confined to the thin individual but affects the stocky type of indi-

vidual as well. As a rule, however, the thin type with poor posture and general debility is more affected than his heavy-set brother. The heavy-set individual is troubled with indigestion due, in most cases, to over-nourishing the body and lack of activity.

Bodily vigor is needed in the thin type. Correction of the dietary errors will not always bring sufficient results until the bodily vigor has been restored and a better physiological balance maintained. Light breathing exercises and hygienic exercises, performed out of doors, will increase the metabolism of the body and make the digestive system more receptive to the intake of food, thus causing a better functioning of the digestive organs and a better "handling" of the food. The thin type individual must use care in his diet as his body is more prone to digestive disturbance than the heavier type.

Overactivity of the mental and physical processes must be checked in order that the system has a chance to "catch up". Rest before and after meals allows the body to quiet down in preparation for the food which is to be taken into the system, and after the food has been taken into the system rest is nec-

essary to allow the digestive organs to work without interference.

The mental attitude must be correct in many cases. Pessimism, melancholia and kindred mental disturbances have a depressing action on the body as a whole. It is necessary to draw the individual out of his introspection, associate him with cheerful companions and surroundings in order that these depressing influences may be checked.

In general, outdoor hygienic and recreative exercises are the ultimate aim. Postural exercises and deep breathing exercises are generally the first type of exercises used, but formal exercises should be avoided wherever the condition allows outdoor recreative work.

Exercise is necessary to produce the natural desire for food. Vigorous outdoor activity is not generally accompanied by indigestion. On the other hand, sedentary workers are troubled with digestive disturbances. Remedial exercises aim to offset the baneful effects of sedentary living by providing a means for exercising the body which will be a substitute for the natural activity which is denied the sedentary workers.

1. **Position:** Regular standing position, arms at sides, feet apart.

Action: Raise arms above head inhaling and stretching as tall as possible. Return arms to normal position exhaling.

2. **Position:** Regular standing position with arms sideward shoulder high.

Action: Twist body to right swinging arms. Return to normal position. Swing body to left.

Remarks: Keep chest high and abdomen in.

Exercises of the type given above are the typical exercises for indigestion. General movements of the trunk with the body in good position will favor movements of the indigestive tract and tone that area.

E. HALDEMAN-JULIUS
Editor
LITTLE BLUE BOOKS